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Dear Long Hill Resident,

During this time of concern regarding the Novel Coronavirus (COVID-19), we would like to suggest some simple precautionary steps. There have been many recommendations from the Centers for Disease Control and Prevention (CDC), the New Jersey Department of Health and the Bernards Township Health Department concerning the outbreak. The amount of information that is available can be overwhelming, but there are pre-cautionary steps you can take to help in the effort to keep our community healthy.

We are asking for your cooperation in practicing **social distancing**. In order for this to work, there are several large-scale events and/or meetings being canceled, employers switching to online workplaces, and school closures.

What is Social Distancing? According to the CDC this means “remaining out of congregate settings, avoiding mass gatherings and maintaining distance”. If the community cooperates with this important behavioral practice, the risk of COVID-19 should be reduced.

Other Tips to Reduce Risk:

- If you do go out, do your best to maintain a 6-foot radius away from other people.
- Use proper **hand hygiene** before and after being around other people. Wash your hands with warm water and soap for at least 20 seconds since this inactivates the virus. Use a hand sanitizer with at least 60% alcohol only when necessary.
- **Disinfect** commonly used objects and surfaces e.g. doorknobs, remote controls etc.
- Avoid touching your face, nose and eyes, etc. Wash your hands if you must touch.
- If you feel sick, **stay home**. Call your healthcare provider if you have symptoms like a cough, fever, or difficulty breathing. Key word: call ahead.
- Cover your cough or sneeze with a tissue, then throw it in the trash.

You may have questions regarding the COVID-19 outbreak in the coming weeks. We urge you to look at the many resources available from:

Bernards Township Health Department at www.bernardshealth.org;
New Jersey Department of Health <https://www.nj.gov/health/cd/topics/ncov.shtml>; and
CDC <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html> .

Keep yourself informed with the most up-to-date and accurate information from these resources.

Stay Well,

Lucy A. Forgione, MS, MCHES
Health Officer